

5 DAY SIMPLE CLEANSE

Sometimes it can be hard to find the time to detox or cleanse deeply, so this simple 5 day cleanse is designed to give the body a break from rich, heavy, fatty foods so your organs of elimination can have a break, but you can still function like normal. Its simple, its easy and can be done anywhere anytime.

ON WAKING

1-2 glasses of water with lemon squeezed in it to kick start the liver

BREAKFAST

Choose from either:

- Fresh vegetables juice
- Green smoothie
- Paypaya with lime

LUNCH

- Super green salad with variety of greens, sprouts, yummy colourful vegetables, fermented foods. Use apple cider vinegar, flaxseed oil, hemp or olive oil, lemon and tamari for dressing
- Protein if needed: choose from fish, boiled egg, tempeh or seeds

DINNER

- Brown rice or quinoa with steamed vegetables. You can use a small dash of olive, flaxseed or tamari, and herb salt for flavour.
- Protein if needed: choose from fish, chicken, tofu/tempeh

DRINKS

- Stay hydrated with at least 8 glasses of water per day
- Vegetable juices (minimum fruit)
- Herbal cleansing teas
- Small amounts of kombucha or kefir

SUPPLEMENTS

- A good quality multi vitamin
- Chlorophyll drinks (vital greens)
- Digestive enzymes with meals (if digestion sluggish)

LIFESTYLE

During a simple cleanse, just take it easy, light exercise only, rest where you can, meditate or walk and just reset your body and mind.



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